

FAHR. (J. W.)

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On the Clinical Use
and Physiological Action
of Bromo-Caffeine.

presented by the author

JOHN W. FAHR, M.D.

AUTHOR'S REPRINT.

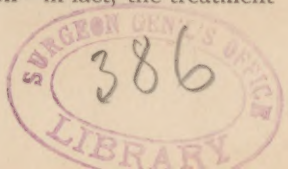


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On the Clinical Use and Physiological Action of Bromo-Caffeine.

BY JOHN W. FAHR, M. D.

In thus bringing Bromo-Caffeine to the notice of my associates in the Profession of Medicine, I do so knowing it from long observation and close clinical study and experience, to be the best remedy yet devised for the relief of headaches in general, and for use in the treatment of some forms of nervous disease. There is no one affection,—I may say affliction,—which has more severely taxed the skill and therapeutic resources of the physician than “headache,” and it is in this affection that Bromo-Caffeine exerts its most wonderful curative powers. It is, however, not alone in headaches that Bromo-Caffeine exerts its marvelous influence; but its action is seen in certain other diseases in which the nervous symptoms predominate. Bromo-Caffeine is, no doubt, more largely used in the treatment of nervous headache than any other class of disease, probably from the fact that this class of headaches is so extremely common; and, while in all cases of headache of purely nervous origin it is the treatment most relied upon by the profession—in fact, the treatment



"*par excellence*"—I wish to direct my confrères' attention to a class of headaches in which it fails to exert any marked influence, and I call special attention to it here because many physicians, having used it in such cases, and having received no particular benefit from its administration, have thus condemned the remedy after insufficient trial on diseased conditions in which its clinical use was not really indicated. When the condition confronting the physician is simply "headache," it is always wise to first ascertain, if possible, the cause of these symptoms and be assured if really the pain originates within the cranium—that is, if it is structural, or if it is due to rheumatism of the scalp, disease of the bony structure, periostitis, syphilis, neuralgia, or disease of the ear. There is also another pregnant cause of headaches which should always be borne in mind, viz., it may be due to some optical defect; as, astigmatism may be present and be the cause of the pain. In rheumatism of the scalp, prompt relief usually follows the administration of Lithiated Potash, taken continuously until the urine becomes alkaline to test paper; while, in disease of the bony structure, the surgeon should be consulted.

In syphilitic headaches, of course, antisyphilitic remedies should be used; while, in case of headaches due to optical defects, the aid of the eye surgeon is required. Tumors of the brain also frequently produce intense pain in the head; and these, in common with those mentioned above as being from external causes, are among the class

not benefited by the administration of Bromo-Caffeine. It is not this class of headaches, therefore, to which I desire to ask your attention, but those comprised under the following heads, and in the treatment of which I have found Bromo-Caffeine to be the "Sheet Anchor."

1. NERVOUS AND NEURALGIC HEADACHES.

Headaches arising or resulting from mental or physical fatigue, mental exhaustion, worry, loss of sleep or over-work.

2. REFLEX OR SYMPATHETIC HEADACHES.

As an example of these, *per se*, may be noted the headache and backache (Fothergill's "headache in the back," as he so aptly calls it) of dysmenorrhoea; from congestion of the liver; from the stomach, as in acute attacks of indigestion, or in nervous cough dependent upon this condition; or from the depression of spirits following the excessive use of alcohol, chloral or opium.

3. TOXÆMIC HEADACHES, "POISON IN THE BLOOD."

The headaches which attend all (*a*) fevers and other (*b*) inflammatory disorders, as (*a*) typhoid and intermittent fevers and (*b*) inflammation of the meninges of the brain, cerebro-spinal fever, etc. This class may also include headaches resulting from the administration of full doses of Quinine, Salicylic Acid, and Salicylates and

toxic doses of salts of Lead, Copper, etc., which frequently produce severe headaches. In the headaches of diabetes, Bromo-Caffeine has been found quite efficacious.

4. MIGRAINE, CEPHALALGIA OR SICK HEADACHE.

(Of pure type, with or without gastric derangement.)

In the prompt relief afforded, as effective treatment for these several types of headaches, Bromo-Caffeine stands pre-eminent and alone. No remedy, at present known to science, gives at once such prompt relief, and is so free from secondary effects following the administration of large or frequently repeated doses ; it can therefore be left with perfect safety in the hands of nurse or patient to be administered as occasion may require.

The late Dr. Flint, of New York, in speaking of sick headache and its treatment, said, " It belongs to the opprobria of Medical art." The discovery and introduction of Bromo-Caffeine, however, wrought such a marked change in the successful treatment of this affection, that Dr. Flint's words are no longer applicable.

I have had a large experience in the treatment of this affection and I have found no remedy equal to Bromo-Caffeine.

Drachm doses of Phosphate of Sodium given morning and evening followed by a full dose of Bromo-Caffeine, are very effective, particularly when the nervous affection is associated with catarrh of

the gastro-intestinal mucous membrane, for which the Phosphate of Sodium is of service. When the headache depends upon the invasion of the nucleus of the fifth nerve, Bromo-Caffeine, alone, is the best treatment, but it must be *pushed* and the treatment long continued.

Bromo-Caffeine however, is of value, not alone in the treatment of headaches, but in various nervous affections. In the restlessness of teething children, from reflex irritation of the fifth pair of nerves, Bromo-Caffeine frequently soothes the little sufferer until it drops off into a gentle natural sleep. Remarkable improvement often follows the administration of Bromo-Caffeine in cholera infantum, when this is primarily due to an irritable state of the nervous system, as in teething. When defective alimentation is the cause of the attack, of course its administration is useless. In the crying fits and restlessness of infants, I have found small and repeated doses of Bromo-Caffeine very valuable.

Children require comparatively larger doses of this remedy than do adults ; but I have found no bad results follow its continued or excessive use.

In the continued restlessness of pregnancy, and also the nervousness and after-pains following labor, I have found its employment useful ; as its effect is tranquilizing and restful to the patient. In the *tinnitus aurium* attending the use of Quinine and other alkaloids of

Cinchona, Salicylic Acid and the Salicylates, Bromo-Caffeine is of the greatest value in removing this annoying sensation. It should be given in from half an hour to an hour after the Quinine or Salicylate is taken, and its action is prompt and certain. This peculiar sensation (tinnitus) is caused by the action of the drug upon the cerebral centres, and Bromo-Caffeine, acting upon these centres, removes the cause. When tinnitus is due to defects of the auditory apparatus, Bromo-Caffeine has little or no effect in its dispersion. In heat exhaustion, the accompanying severe headache is quickly relieved by one or two large doses of Bromo-Caffeine. In the hot countries of the East it is the remedy most depended upon by the Europeans; while, in the larger cities of the United States, for several years past, it has been very largely used by the "stay-at-home" or "can't-get-away" clubs, calming the cerebral irritation, promoting diaphoresis, and otherwise administering to the comfort of persons subjected to the excessive and exhaustive heat of poorly ventilated offices, etc.

Of late, Bromo-Caffeine has passed into a large use in incipient phthisis, where its use promotes constructive metamorphosis—though not to a greater extent than most Caffeine salts.

It is very serviceable in allaying the "hacking cough" of phthisis. It stimulates the nervous system, promotes tissue formation, prevents the abnormal excretion of urea, and increases the

appetite and digestive powers through stimulation of the gastric glands. In certain gastric affections, especially those of nervous origin, Bromo-Caffeine has been found very valuable. (See also Waring's "*Therapeutics*" and Bartholow's "*Materia Medica.*")

Bromo-Caffeine is very useful in allaying the paroxysm of asthma and whooping cough. (See also Garrod's "*Therapeutics*," art. *Caffeine*.) In the last stages of chronic Bright's disease, where there is marked cardiac failure, and in those forms of dropsy dependent upon this condition, Bromo-Caffeine is of great service, promoting free diuresis. In these cases, the more marked the dropsical symptoms, the more decided is the effect of Bromo-Caffeine. It can be used alternately with digitalis (see also Gubler's "*Therapeutics.*")

One of the most recent uses to which Bromo-Caffeine has been put is in preventing (and aiding recovery from) the great depression frequently following the use of Antipyrin.

It should be more generally understood that Caffeine is the direct antagonist of Antipyrin, and the two should *never* be used in conjunction with each other. In the dangerous depression, with threatened collapse, following the use of Antipyrin, a hypodermic injection of Caffeine will at once avert the threatened danger. This should be followed by repeated doses of Bromo-Caffeine.

THE PHYSIOLOGICAL ACTION OF BROMO-CAFFEINE.

The physiological action of Bromo-Caffeine is that of a primary and direct stimulant to the nerve centres, and, through these a stimulant to the entire muscular and vascular system and upon the brain. Its use slightly diminishes the blood supply, but while its volume is diminished, it comes to the nerve centres under increased tension, and, hence the assimilation of nutritive material is increased in rapidity. It excites mental activity as well as increases mental power, and thereby tends to prevent mental exhaustion. It is not a hypnotic in the true sense of the word. It produces a calming effect on the nervous system and produces and maintains that tranquilizing condition most favorable for quiet rest and refreshing sleep.

In summing up the physiological action of Bromo-Caffeine I may say that

BROMO-CAFFEINE HAS AN INDIVIDUAL ACTION PECULIAR TO ITSELF AND NOT FOUND IN ANY OTHER COMBINATION OF DRUGS. IT IS A BRAIN AND NERVE TONIC (FOOD), PURE AND SIMPLE. IT HAS A STIMULATING ACTION UPON THE MUSCULAR AND VASCULAR SYSTEM SIMILAR TO THAT OF ALCOHOL, BUT IS WITHOUT THE DEPRESSING EFFECTS FOLLOWING THE USE OF ALCOHOLIC STIMULANTS.

